



Indiana Coalition Against Sexual Assault's Primary Prevention Efforts

Capacity, Collaboration and Change

4/20/2009





INCASA's Statewide Primary Prevention Efforts

- INCASA is a leading member of the Sexual Violence Primary Prevention Council (SVPPC), administered by the Indiana State Department of Health (ISDH) in the Office of Women's Health. The SVPPC, charged by the Centers for Disease Control and Prevention (CDC), is an interdisciplinary council that will create a State Plan to prevent sexual violence in Indiana.
 - ISDH in partnership with *PeopleWork* Associates, local health departments, and service providers across the state completed a series of ten public forums in November and December of 2008, gathering information and input from the local level that will serve as a baseline for the needs and resources assessment for the state plan.
 - Attendees at the public forums came together to converse about the root causes of sexual violence and brainstorm ideas for solutions and the prevention of it.
 - Meeting locations in Indiana included: Fort Wayne, Elkhart, Bloomington, Lawrenceburg, Greencastle, Evansville, Lafayette, Muncie, Danville and Gary.
 - INCASA authored the first state victimization survey in 2008 which will guide the quantitative data for the State Plan.
- INCASA, serves as an administrative pass through to community organizations that are funded through the Rape Prevention Education (RPE) grant to do primary prevention work.
 - INCASA provides training, technical assistance (TA) and administrative support to funded programs and communities throughout the state.
 - Educates stakeholders, service providers, community educators, youth workers, professionals working on behalf of victims of violence, and other interested parties on the definition and concept of primary prevention practices.
 - Provides tools to implement a community wide approach to preventing sexual violence under a primary prevention model.
 - Shares evidence based strategies and existing tools to practice primary prevention within the social ecological model of change.
 - Highlights effective national and statewide efforts
- INCASA continues to lead the statewide social media campaign in an effort to raise awareness of sexual violence.
 - Special media tools have been developed to address underserved and vulnerable populations such as individuals with disabilities and those who are elderly.
 - A year long awareness campaign is distributed statewide to assist communities with the integration of sexual assault awareness activities into diverse venues and other awareness efforts.
 - INCASA partnered with the Indianapolis Ice Hockey Team and filmed a PSA that promotes men as part of the solution to prevent sexual violence.



- INCASA is the state partner with the CDC for the national initiative to prevent teen dating violence, Choose Respect:
 - INCASA is provided with technical assistance by the CDC on utilizing new materials.
 - INCASA created and has facilitated three Back to School, Youth Rallies to *Pledge Against Violence*. This rally is recognized nationally as a best practice in community wide prevention efforts.
 - Over 20 youth serving organizations that offer positive support to young people come together and engage youth and their families in activities and share information about resources and services available.
 - Average attendance is 1000 youth and families.
 - INCASA piloted new materials for the Choose Respect Playbook.
 - INCASA will be listed as the TA support for organizations or individuals in Indiana who are interested in becoming Choose Respect communities.
- *Fever for Respect*-A partnership with the Indiana Fever - Year long Choose Respect Healthy Relationships program at Christel House Academy (a program of Christel DeHaan Foundation) offered to the sixth grade students.
 - Parent and student open house to launch Choose Respect and educate on the importance of healthy relationships.
 - Sixth grade teachers facilitate one Choose Respect activity each month throughout the entire school year.
 - Guest speakers come to the classes once a month to speak about topics such as healthy relationships, gender equality, and peer support.
 - End of year convocation to celebrate Choose Respect graduates and leaders are selected to be peer educators the following year.
 - Posters and banners are held throughout school. Materials, t-shirts are provided.
 - Goal to replicate this program and offer to school systems.
- INCASA houses an interdisciplinary Prevention Advisory Council (PAC) which is developing a new, promising, and best-practice training focused on primary prevention with an activity tool kit for young people ages 5-8 or grades K-3. The program is titled, *Listen to Me*. Members represent various communities: faith-based, disability, youth serving organizations, school systems, healthcare and nursing, public health, victim advocacy, child psychologists, and community educators:
 - Megan Brown, RN, SANE, Director of Center of Hope, St. Vincent Hospital
 - Camille Brugh, Senior Enrollment & Matching Specialist, Big Brothers Big Sisters of Central Indiana
 - Andrea Crozier, Children's Coordinator, Sheltering Wings
 - Sheila Day, MSW, Peyton Manning's Children's Hospital at St. Vincent
 - Karen Duncan, M.A., LMFT, Founder, Right to Be Safe, Inc
 - Renee Eusey, BSW, Director of Special Projects, INCASA
 - Caroline Fisher, RN, SANE, Director of Center of Hope, St. Francis
 - Abby Kelly-Smith, RPE Program Director, Indiana State Department of Health
 - Maria Larrison, CEO, Sheltering Wings
 - Amy Pomeranz-Essley, MSW, MPA, Director of Quality Assurance, Big Brothers Big Sisters of Central Indiana
 - Monica Ponce, M.Ed., Special Education, Rise Learning Center
 - Paula Reiss, RN, SANE, Methodist Hospital



- Andra Smith, SANE, St. Vincent
- Dr. Sheila Triplett, Ph.D. Director of Counseling and Visitation, Eastern Star Baptist Church
- Beth Snedeker, Child Mentor, Sheltering Wings
- Angie Turk, MSW, Director of Prevention Education, INCASA
- Leslie Weaver, SANE, Wishard Hospital
- Kyle Walke, MSW, Rise Learning Center
- INCASA continues to lead sexual violence prevention efforts in partnership with the United States Department of Defense, assessing intervention and prevention strategies within the U.S. Military Services.
- INCASA launched an online network, Hoosier Prevention Point:
 - Allows individuals to share, connect, and discuss resources for violence prevention
 - Post upcoming events and trainings
 - Post pictures and videos
 - Join network groups based on region or topic of interest
 - Accessible at: www.hoosierpreventionpoint.ning.com
- INCASA is present at international, national and statewide conferences, schools, and organization-wide staff development training, facilitating workshops on healthy relationships, child sexual abuse and rape prevention with audiences ranging from young people, to professionals, to the general community. 2008-09 Conferences w/ Prevention Focused Training:
 - National Federation of State High School Association Conference, Washington, DC; Indiana State High School Association National Leadership Conference; Girl Scouts of America International Leadership Conference; Indiana State High School Association State Conference; Indiana Coalition Against Domestic Violence State Conference; Indiana State Department of Health Youth Summit; Black Expo Youth Empowerment Summit; Indiana Department of Education Youth Conference-DePauw University; Ben Davis High School, Arlington High School, Indianapolis Peace Institute
- INCASA is the author of a five year plan to address sexual violence in Indiana which is available at www.incasa.org.
- INCASA organizes an annual statewide sexual violence conference with a special track for primary prevention.

For more information about sexual violence prevention efforts in Indiana contact:

Angie M. Turk
Director of Prevention Education
Indiana Coalition Against Sexual Assault
55 Monument Circle, Suite 1224
Indianapolis, IN 46205
P: 317-423-0233, ext.13
aturk@incasa.org



Indiana Coalition Against Sexual Assault Rape Prevention and Education Community Partners Efforts

The Indiana Coalition Against Sexual Assault (INCASA) serves as an administrative pass-through to community organizations that are funded through the Rape Prevention Education (RPE) grant to do primary prevention. INCASA provides training, technical assistance and administrative support to funded programs and communities throughout the state, while also sharing evidence-based strategies and existing tools to practice primary prevention within the social ecological model of change.

Currently, there are ten agencies that receive RPE funding in Indiana. Each grantee is committed to educating and providing resources to their communities regarding sexual violence primary prevention. Some grantees are in the implementation stage of their programs and have begun administering programs in their communities. Each program is committed to expanding their efforts on sexual violence primary prevention and will strive to achieve our ultimate goal to end sexual violence in Indiana.

Community Partners:

Hands of Hope:

Hands of Hope has been providing education about sexual violence prevention since 1997. Currently, Hands of Hope is one of two sites piloting the Center of Disease Control's Choose Respect playbook in various non-school settings. The primary prevention programs continue to educate their community on topics including healthy relationships, date rape drugs, bullying, and bystander intervention. The local Expect Respect Program media campaign provides public service announcements, posters, videos and billboards.

Hands of Hope is also targeting males to become more involved with primary prevention with the program Coaching Boys Into Men. Hands of Hope use a male-centered curriculum to focus on the male population in their community. All programs that Hands of Hope has administered have had a very positive response from the community, schools, parents and students. These programs give all who are involved the opportunity to educate themselves on complicated issues and allow them to speak openly about these complicated issues.

Crisis Connection:

Crisis Connection has been involved for educating their community regarding sexual violence primary prevention efforts for over ten years. Crisis Connection staff works in partnership with a variety of rural communities within Dubois, Perry and Spencer counties. The "Enough is Enough – Sexual Violence is Unacceptable" program involves males in the antiviolence movement and to help area youth develop the skills to become change leaders in the prevention of sexual violence. The program provides individual knowledge and skills, community education and education of professionals and community providers.

Crisis Connection staff have conducted sustainable curriculum within a classroom setting and other learning events such as health fairs, club meetings, teacher in-services, parent session etc. Crisis Connection presents age appropriate curriculum to ages ranging from Kindergarten age to Grade 12, the curriculum provided is on a various list of topics such as: Respect for Self



and Others, Child Safety, Self-Esteem, Self-Respect, Anti-Bullying, Bystanders, Internet Safety Change Management, Sexual Harassment; Female Empowerment, Gender Roles; Male Socialization, Acquaintance Rape, Bystanders, Predatory Drugs, Media Awareness, Change Management, Healthy Relationships, College Safety.

Alternatives Inc:

In 2008, Alternatives, Inc. in partnership with the Prevention Coalition issued the Madison County Sexual Assault Prevention Plan. This report clearly identified the communities need for sexual assault prevention programs. Alternatives and the Prevention Coalition made several recommendations on the best options for preventing sexual assault in their community. These recommendations were reported to target populations which include youth, parents, law enforcement, and bystanders. Alternatives' primary prevention efforts consist of school and community based multi-session educational programs; parenting skills classes for demonstration of healthy relationships; bystander intervention; and school and community anti-sexual violence mobilization through youth "peer prevention" groups.

Alternatives along with the support of the Prevention Coalition believe these activities are best suited to the unique needs of their community and will address the issue of sexual violence primary prevention effectively. Alternatives provides programs work with hospitals, schools, law enforcement, high risk neighborhoods, neighborhood watch groups, human resource personnel, parents and juvenile offenders.

Fort Wayne Police Department Victim Assistance:

The Fort Wayne Police Department Victim Assistance Program is implementing a program impacting a variety of underserved populations in the prevention and understanding of sexual violence. FWPD Victim Assistance has for many years worked collaboratively with other agencies, schools and colleges to facilitate crime prevention, education and recovery. While working with these programs they developed an initiative that addresses attitudes, behaviors, and policies that subject underrepresented populations to sexual violence.

FWPD Victim Assistance along with collaborative partners are working to increase the ability of existing programs to affect the factors that put universal and selected populations at risk for sexual violence. They are addressing barriers that prevent the target populations from accessing services and providing age appropriate educational sexual violence prevention sessions to children, adults and the community. FWPD Victim Assistance has trained facilitators and contractors on sexual violence primary prevention and has developed a brochure in English, Spanish, Arabic, Swahili and Burmese languages to provide education and resources to cultures with language barriers in their community. Facilitators are providing educational presentations to schools and faith-based organizations in these underserved populations.

The Middle Way House:

The Middle Way House has been providing primary prevention education to the young people in Monroe and Greene counties. The Middle Way house has recently expanded its message on prevention education to parents and children. As people develop their attitudes about sexuality and sexual violence early in life, prevention work with middle and high school students comprises an essential component of any strategy for reducing incidents of sexual violence.

The Middle Way house has developed parental educational materials, identified and developed social marketing materials that target adults and demonstrated how they can help youth form



healthy and respectful sexual relationships through out-of-school based programs. The Building Healthy Relationships program is a strong problem that people in their community have been responding well to for several years. The Middle Way House continues to expand their programs and curriculums to provide sexual assault primary prevention education in their community.

Other Community Partners:

Other programs are continuing to work on implementation of their programs in their communities. They have been targeting schools, parents, law enforcement, faith-based organizations and other organizations in their community to provide information, education, resources and technical assistance in their communities. Each grantee is dedicated to providing sexual assault primary prevention to the people in their community so we are able to achieve our ultimate goal to end sexual violence in the state of Indiana.

INCASA hopes to provide as much information, education, resources and technical assistance to as many organizations and communities as possible so we can expand sexual violence primary prevention in Indiana.